

FAIRFIELD SECONDARY SCHOOLS

LUNCH MENU – May 1 - 3, 2013



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL HOT LUNCH <u>Also available daily:</u> Bagel/yogurt plate Cereal/yogurt plate \$2.50 (middle schools) \$2.55 (high schools)			¹ ❖Tangy Taco w/Lettuce & Tomatoes Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk	² ★❖Cheddar Quesadilla w/Salsa Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	³ ★❖WG Cheese Pizza ❖Sauce Vegetable Cup Choice Assorted Fruit Choice Milk
AVAILABLE MONDAY THROUGH FRIDAY					
DELUXE MEAL SANDWICH or SALAD BAR CREATE YOUR OWN \$3.85 	<p><u>Select One for Deli Bar:</u> Whole Grain White Kaiser Roll, Whole Grain White Bread, Rye, Wheat Sandwich Roll, Low Sodium Assorted Wraps</p> <p>OR</p> <p><u>Select One for Salad Bar:</u> Whole Wheat Roll, Pasta Salad, Brown Rice Salad</p> <p><u>Select One Protein – 2oz. (Deli Bar or Salad Bar):</u> Turkey Breast, Lower Sodium Ham, Deluxe Roast Beef, Buffalo Chicken, Tuna, Egg Salad, Chicken Salad, Provolone, Pepper Jack or American Cheese</p> <p><u>Select From (Deli Bar or Salad Bar):</u> Romaine or Spinach Cabbage, Tomato Slices, Shredded Carrots, Onions, Cucumbers, Fresh Red and Green Pepper Strips, Broccoli Florets, Chickpeas, Cucumbers, Celery, Coleslaw, Potato Salad, Kidney Beans</p> <p>Choice of fruit and veggie cup</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL BUILD YOUR OWN \$3.85	<p><u>Select One:</u> Tilapia w/WW Roll, Chicken Patty w/WW Roll, Hamburger w/WW Roll, Meatball Grinder, Pizza</p> <p><u>Select up to Four:</u> Lettuce/Tomato, Sweet Potato Fries, Cole Slaw, Tossed Salad, Fresh Veggie Cups, Hot Vegetable, Assorted Fruits</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
DELUXE MEAL GRAB AND GO \$3.85	<p>Yogurt Parfait or Chef Salad</p> <p>Choice of 1% or skim white milk or fat-free chocolate milk</p>				
A LA CARTE SALADS - \$2.25 8oz. SOUP - \$1.50	<p>Caesar Salad or Tossed Salad</p> <p>Soup of the Day</p>				
A LA CARTE Priced individually	<p>Bagel, Yogurt, String Cheese, Cereal, Snacks, Ice Cream, Beverages</p>				

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Menu subject to change
 Menu items in italics are recipes provided by Chef John Turrene

❖ = indicates meals cooked from scratch

★ = indicates vegetarian meals